

DO YOU HAVE SUBCLINICAL HYPOTHYROID SYMPTOMS?

Here is a list of typical symptoms.

Put an x beside every symptom you currently have.

- Muscles stiff in morning, feel need to limber up
- Feel creaky after sitting still for periods of time
- Heart sometimes seems to miss beats or turn “flip-flops”***
- These symptoms worse at night: coughing, hoarseness, muscle cramps
- Dizzy or nauseated in morning
- Low energy, fatigue, lethargy, need lots of sleep (more than eight hours), trouble getting up and going in the morning.
- Motion sickness when traveling, dizzy when changing up and down positions **
- Tendency to feel cold, particularly in hands and feet
- Hair scanty, dry, brittle, lusterless
- Dry skin**
- Sleeplessness, restlessness
- Bowel movements usually less than one daily**
- Loss of libido**
- Gain weight easily, fail to lose on diets**
- Poor concentration or memory, mental sluggishness
- Clogged sinuses
- Low blood pressure/Low pulse rate
- Chronic low body temperature, especially at complete bed rest**
- Recurrent infections
- Menstrual problems including excessive bleeding, severe cramping, irregular periods, severe PMS, scanty flow; early or late onset of first period (before 12 or after 14 years old); premenopausal cessation of menstruation
- Depression (including postpartum or after the start of menstruation or menopause)
- Headaches (including migraines)
- Family history of thyroid problems
- Weight gain began when you got your period, had a miscarriage or an abortion, gave birth, began menopause, or worsened after low-calorie dieting.
- Chubby or overweight since childhood
- Hoarseness, gravelly voice**
- Swollen eyelids and face, general water retention
- Thinning or loss of outside eyebrow hair**
- High cholesterol
- Lump in throat, trouble swallowing pills**
- Slow body movement or speech**
- muscle and joint pain, or carpal tunnel syndrome**
- dry/gritty eyes

If you have 8 x's or more, especially if you have at least two or three of the symptoms marked with a double asterisk (**), you should consider following the protocol for thyroid support.